# Chapter 57 Stress and Coping in the Menopause

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# Abstract

The menopausal transition (MT) is characterized by higher stress levels in some women. It is unclear if the MT leads to stress, as a result of increased symptoms associated with this time, or a potential vulnerability to fluctuations in hormone levels. Also, women may experience an increase in stressful life events that coincide with the MT and contribute to increased psychological distress. Few studies have looked at what women find stressful during the MT and the strategies they engage in to help them cope with this. The current chapter will provide an overview of the research that has been carried out on stress, coping, and menopause and the implications of this for menopause management.